

DIPPIN' RECIPES FOR VEGGIES

Hummus recipe

Ingredients:

- 1 16 oz can of chickpeas
- 1/4 cup liquid from can of chickpeas
- 3—5 tablespoons lemon juice
- 1 1/2 tablespoons tahini
- 2 cloves garlic, crushed
- 1/2 teaspoon salt
- 2 tablespoons olive oil

Directions:

Drain chickpeas and set aside liquid from can. Combine remaining ingredients in blender or food processor. Add 1/4 cup of liquid from chickpeas. Blend for 3—5 minutes on low until thoroughly mixed and smooth. Stir in the olive oil before serving if you want!



Guacamole

Ingredients:

- 2 avocados
- 2 teaspoons salt
- 1 large tomato, diced
- 1 onion, diced
- 2 jalapeno peppers, chopped
- 1/2 tablespoon chopped fresh cilantro
- 2 tablespoons fresh lime juice

Directions:

In a medium bowl, mash the avocados and stir in salt. Mix in the tomato, onion, jalapeno, cilantro and lime juice. Cover and chill in the refrigerator at least 30 minutes before serving. **TIP** — if you don't want to fuss around with a guac recipe — just mash a couple of tablespoons of salsa into a bowl of avocado and voila!.

Healthy Ranch Dip

Ingredients:

- 1 cup 0% greek yogurt (like Fage)
- 1 pack dry Ranch seasoning mix (use to taste)
- Splash of almond milk to your liking

Directions:

Mix the yogurt with the ranch seasoning until its to your liking. You can add in some lime, dill, taco or other seasoning to change this up. Add a splash of almond milk to get your desired thickness.

***Try blending this base with some garlic, cilantro and green chillies for an amazing mexi-ranch salad dressing.

